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PAGES 10 & 11




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WILD WHIP OILERS 4-2

Minnesota Wild defenceman Jonas Brodin battles for possession against Edmonton Oilers forward Magnus Paajarvi during the first period on Sunday night in St. Paul, Minn. The Wild scored three goals in the third to beat the Oilers 4-2. More coverage, page 21. GENEVIEVE ROSS/THE ASSOCIATED PRESS

Province pushes back against medevac group

Health care. 'Adding time is paramount to killing people,' says critic of plan to relocate medevac service

Quoted

"It is a grave concern for people who live up north."

Dr. Kerry Pawluski, Save Our Medevac Service Society

RYAN TUMILTY
ryan.tumilty@metronews.ca

The provincial government is fighting back against an organization that warns the relocation of medevac services to the international airport will cost lives.

Municipal Affairs Minister Doug Griffiths was among several officials who took part in a telephone town hall last week that drew 30,000 participants. He said he has heard horror stories about meetings hosted in northern communities by Save Our

into the billions. Cost aside, he said, there is no good reason to do it.

"Why would we spend \$500 million just to upset a municipality that has a population close to a third of the entire province?"

Dr. Kerry Pawluski, a physician working with Save Our Medevac Service Society, said the group stands by its information.

"All of our stuff is taken from an independent study that was commissioned by the province. It is from the Health Quality Council of Alberta," he said.

Pawluski said time matters in emergencies and the extended drive from the international airport will be costly.

"We know that adding time is paramount to killing people," he said. "It is a grave concern for people who live up north."



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Romance scams

March is fraud prevention month

Alongside a number of other agencies, the Edmonton Police Service is warning people about fraud throughout the month of March.

Law enforcement, government agencies and other community organizations have formed Fraud Prevention Alberta to highlight different types of scams, including romance scams and online investment fraud.

Romance scams are one of the latest trends in which fraudsters create fake profiles and convince singles on social networking, online classifieds or dating websites, to give them money. METRO

Replacing rails

LRT service reduced downtown

Expect reduced service on the LRT system over the next two months as aging rails between the Churchill and Central LRT stations are replaced.

Edmonton Transit Service is going to replace the 35-year-old rails, which were put in when the system was first built and are now reaching the end of their life span.

The city is also going to put in new warning tiles along the edge of the platform at Central Station. To help with the reduced capacity, the city is planning to run a mix of four- and five-car trains.

The work is expected to conclude at the end of April. METRO

School boards. 'One of the toughest years ever' ahead

With new marching orders in hand, a representative for Alberta school boards said Sunday classroom jobs and resources could be on the chopping block.

"All school boards have to operate within their means — they know their finances," said Jacque Hansen, president of the Alberta School Boards Association, in a phone interview from Quebec. "It's going to be one of toughest years ever."

Hansen's comments came amid rising tensions between provincial teachers and the province, which, on the week-

end, largely centred around a new email sent to school boards from Education Minister Jeff Johnson on Friday.

In the email, Johnson specified that any previous cash incentives being offered to educators are now off the table following a unanimous rejection of a province-wide offer last week. As well, Johnson ordered all boards to negotiate deals that include a three-year wage freeze and no more than a two per cent salary bump in the fourth year.

But the Alberta Teachers' Association was quick to

launch a verbal assault on Johnson, accusing him of "manufacturing a crisis," and interfering in a local negotiating process traditionally left to local representatives with each of the province's 62 school boards.

ATA spokesperson Jonathan Teightmeyer said musings from the minister about legislating a deal and potential salary rollbacks without a province-wide agreement are hampering bargaining progress table.

Johnson was not available for an interview to discuss the email Sunday.

JEREMY NOLAIS/METRO



Education Minister Jeff Johnson
METRO FILE

Chief denies police ignored rape complaint

Allegations. Rod Knecht believes media coverage has been 'inaccurate and inflammatory'

the Remand Centre because of her warrants.

"Unsubstantiated and unfounded reports of racism and police ineptitude by third-party observers were reported on in social media, absent the facts of the initial response," Knecht wrote in his letter to the paper.

"These unchecked erroneous views were reported as accurate to a broader audience in the mainstream media," he added.

The investigation into the sexual assault is ongoing, he says.

Tom Engel, a lawyer who is representing the woman, said his client suffered a memory loss during the incident and that he is still trying to get information from police.

"I think it's fair to say this is a complicated matter," Engel said on Saturday. "At this time, we're saying we don't want to say any more until we know more." THE CANADIAN PRESS



Edmonton Police chief Rod Knecht said media reports about an alleged rape victim, who was jailed due to outstanding warrants, were "inaccurate and inflammatory." METRO FILE

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NEWS

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Students as young as three use iPads in Edmonton classrooms

21st century learning.

"We have got to put these tools in their hands because it is the way of the future for sure," says school principal

Like so many children before them, young students at an Edmonton elementary school are learning about patterns.

Yet the way in which the kindergarten and pre-kindergarten students at Katherine Therrien school are learning is anything but ordinary.

Students use iPads to take photos of patterns they spot in the room, including designs their classmates are creating with brightly coloured wooden blocks.

The pictures will then be used to create a movie, which will eventually be shared with parents.

Other students sit on stairs or sprawl on couches playing with pattern related apps on the tablet computers.

"It's the way of the future," says kindergarten teacher Susana Monteiro.

The kids, who range in age from three to six, are in the school's new multimedia centre.

Pre-kindergarten teacher Sarah Barclay says some of her students use iPads or iPhones at home and come to school with the ability to slide and scan.

"And the kids that don't, iPads are very intuitive. They get it very quickly," she says.

When principal Fernando Runco came to the Catholic elementary school in 2011, he helped launch a new mis-

Quoted

"When they come to school and you say, 'Here's an iPad', it tugs at your heartstrings to look at their eyes."

Principal Fernando Runco

sion and vision statement that emphasizes innovative learning.

Knowing that today's elementary schools need to prepare students for jobs that don't yet exist, Runco saw the importance of placing digital technologies in the hands of the school's 204 students.

He made technology a priority and today the school has iPads and laptops, flip cameras, wireless Internet and a video conference unit.

"The kids know that the school has undertaken this

transformation for them," Runco says.

Many of the school's students live in homes that can't afford computers, which served as more motivation to have students use technology at school, Runco says.

"When they come to school and you say, 'Here's an iPad', it tugs at your heartstrings to look at their eyes."

While Runco acknowledges placing a \$500 piece of technology into a three-year-old's hands is risky, he says the rewards are worth it. So far, the school's collection of iPads has remained intact, with no breakages or theft.

"If an accident were to happen where they drop it and it cracks, we'll deal with it when the time comes," Runco says.

"We just know that it's very important."

"We have got to put these

Technology first

- Every classroom at Katherine Therrien school has a SMART Board and the school's library and computer lab were recently renovated into a 21st century multimedia centre complete with many iPads.

- Pre-kindergarten teacher Sarah Barclay says incorporating iPads stocked

with educational apps into the classroom allows students to receive instant feedback and is "a great assistive tool."

- Barclay says students want to be on the iPads a lot and managing screen time and teaching students the school's iPads are for learning can be challenging.

olds also carefully gather the iPads and turn them off.

ANNALISE KLINGBEIL/METRO

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Kindergarten and pre-kindergarten students at Edmonton's Katherine Therrien school use iPads to learn about patterns. "It's the way of the future," says kindergarten teacher Susana Monteiro. ANNALISE KLINGBEIL/METRO

U.S. rewards Egypt with \$250M in aid money



A demonstrator with her lips painted with the colours of the Venezuelan flag attends a protest on Sunday.

FERNANDO LLANO/THE ASSOCIATED PRESS



An Egyptian activist shouts slogans at a protest outside the Egyptian foreign ministry during a visit by U.S. Secretary of State John Kerry in Cairo, Egypt. AMR NABIL/THE ASSOCIATED PRESS

Reform. U.S. Secretary of State gives assistance to President Morsi in support of Egypt's 'future as a democracy'

U.S. Secretary of State John Kerry on Sunday rewarded Egypt for President Mohammed Morsi's pledges of political and economic reforms by releasing \$250 million in American aid to support the country's "future as a democracy."

Yet Kerry also served notice that the Obama administration will keep close watch on how Morsi, who came to power in June as Egypt's first

Upcoming elections

With parliamentary elections in April approaching and liberal and secular opponents of Morsi's Muslim Brotherhood saying they will boycott, Kerry called the vote "a particularly critical step" in Egypt's democratic transition.

freely elected president, honours his commitment and that additional U.S. assistance would depend on it.

"The path to future has clearly been difficult and much work remains," Kerry said in a statement after wrapping up two days of meetings in Egypt.

THE ASSOCIATED PRESS

Syria. Battle over territory escalates as rebel fighters make more advances

Following rebel gains, the leader of the Syrian opposition made his first visit Sunday to areas near the embattled northern city of Aleppo as fighters trying to oust President Bashar Assad captured a police academy and a border crossing along the frontier with Iraq.

Assad, meanwhile, lashed out at the West for helping his opponents in the civil war, delivering a blistering rebuke to Secretary of State John Kerry's

announcement that the U.S. will for the first time provide medical supplies and other non-lethal aid directly to the rebels in addition to \$60 million in assistance to Syria's political opposition.

Aleppo, the nation's largest city, has been a major front in the nearly two-year-old uprising. Government forces and rebels have been locked in a stalemate there since July.

THE ASSOCIATED PRESS

Protesters demand health details of Chavez

Hundreds of protesters took to the streets of Venezuela's capital on Sunday, demanding the government provide complete details about the health of ailing President Hugo Chavez. At the same time, Chavez supporters staged their own rally in the city.

Protesters waving Vene-

zuelan flags chanted "Tell the Truth!" as they marched through eastern Caracas. They accused government officials of keeping from the public a full account of Chavez's condition.

"They don't tell us the truth," complained Mildred Moreau, a 64-year-old woman who said Chavez isn't healthy

enough to govern the country. "We feel that they are trying to trick us."

The protest was staged a day after Vice-President Nicolas Maduro said Chavez has been receiving chemotherapy while recovering from a severe respiratory infection.

THE ASSOCIATED PRESS

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Alberta Government

Brooklyn. Expectant parents die in car crash – but unborn baby survives

A pregnant woman who was feeling ill was headed to hospital with her husband early on Sunday when their car was hit, killing them both — but their baby boy was born prematurely and survived, authorities and a relative said.

The driver of a BMW slammed into the car carrying Nachman and Raizy Glauber, both 21, at an intersection in the Williamsburg neighbourhood of Brooklyn, said Isaac Abraham, a neighbour of Raizy's parents.

Raizy was thrown from the car, and her body landed under a parked tractor-trailer, witnesses said. Nachman was pinned in the car, and emergency workers had to cut off the roof to get him out.

Both were pronounced dead of blunt-force trauma at hospital, according to the medical examiner.

Their infant son was in serious condition, Abraham said. The hospital did not return calls about the child, but police said the Glaubers' driver



A crowd gathers for funeral services.
VERENA DOBNIK/THE ASSOCIATED PRESS

was in stable condition. The driver of the BMW and a passenger fled and were being sought by police.

The Glaubers were married about a year ago and had begun a life together in Williamsburg, where Raizy grew up in a prominent Satmar Orthodox Jewish rabbinical family, said Sara Glauber, Nachman's cousin.

Hours after their deaths, the Glaubers were mourned at a funeral on Sunday afternoon. **THE ASSOCIATED PRESS**

Baby may be second person cured of AIDS

Mississippi. Aggressive treatment just after birth left child healthy a year off medication

A baby born with AIDS appears to have been cured, scientists announced on Sunday. The child from Mississippi is now two and a half and has been off medication for about a year with no signs of infection.

There's no guarantee the child will remain healthy, although testing uncovered just traces of the virus's genetic material still lingering. If so, it would mark only the world's second reported cure.

A doctor gave this baby faster and stronger treatment than usual, starting a three-drug infusion within 30 hours of birth. That was before tests confirmed the infant was infected and not just at risk from



Dr. Deborah Persaud is the lead investigator into the cure's success. JOHNS HOPKINS MEDICINE/THE ASSOCIATED PRESS

a mother whose HIV wasn't diagnosed until she was in labour.

The fast action apparently knocked out HIV in the baby's

blood before it could form hideouts in the body. Those so-called reservoirs of dormant cells usually reinfect anyone who stops medication, said Dr.

Deborah Persaud of Johns Hopkins Children's Center. She led the investigation that deemed the child "functionally cured."

THE ASSOCIATED PRESS

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Fatal shooting

Cop killed in Quebec standoff

A Kativik Regional Police officer who was fatally shot after responding to a domestic dispute in northern Quebec Saturday night is being remembered as a "great young man" as his family in Ottawa reels from the sudden loss.

Quebec provincial police identified the deceased as Steve Dery, 27.

Dery was responding to a home in Kuujjuaq, Que., when shots were fired at him and a fellow officer. The other officer was badly wounded but is expected to be OK.

Police remained at the scene during a lengthy standoff with a man, who remained inside the home. They found him dead inside Sunday afternoon and believe he committed suicide.

JOE LOFARO/METRO IN OTTAWA, WITH FILES FROM THE CANADIAN PRESS

UN report

Food plan urged to fight hunger

The United Nations right-to-food envoy says the Harper government's controversial decisions to scrap the long-form census and negotiate a free-trade deal with Europe will make it more difficult to fight poverty in Canada.

Those are among the many cutting observations made by Olivier De Schutter,

the United Nations' special rapporteur on the right to food, who will release his report Monday in Geneva.

The report calls on Ottawa to create a national food strategy to fight hunger among a growing number of vulnerable groups, including aborigines and people struggling to make ends meet on social assistance. It says the strategy should spell out the levels of responsibility between various governments.

THE CANADIAN PRESS

Trudeau blasts competitor over negative ploys

Liberal leadership

race. Star candidate has increasingly found himself the subject of attacks in recent weeks

Liberal Justin Trudeau accused a rival of resorting to negative tactics during a leadership debate Sunday as he attacked assertions that his bid for the party's top job has been heavy on rhetoric but light on detail.

Trudeau took Marc Garneau to task during a one-on-one at the debate in Halifax, saying that the Liberals don't want to see the party "turned in on each other."

"That's why I'm relentlessly positive in this campaign, and that's why the top-down, backroom-heavy negative campaign that has been run by other people in this campaign is something that I don't think

Liberals want to see," said Trudeau, who has boasted about running a positive campaign.

The sparring between the two Quebec MPs was one of the more spirited exchanges in the two-hour debate that also saw candidates attack Joyce Murray's plan to work with the NDP and Greens to defeat the Conservatives.

Garneau said Trudeau has been ducking the big issues, telling the perceived frontrunner that Canadians deserve more than platitudes.

"I believe that Canadians want to see substance. They don't want empty words," Garneau said. "They may not like what I have to say, but at least they will know where I stand."

Trudeau said he has voiced his views on a variety of issues, citing his opposition to the Northern Gateway oil pipeline and support for the legalization of marijuana as examples.

THE CANADIAN PRESS



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He's a winner on Twitter

The deadline for Liberal leadership hopefuls to sign up new supporters for the party and their candidacies was Sunday. Over the last six months, Justin Trudeau signed up new Twitter followers at a rate far outpacing his rivals, gaining an average of 6,743 a month, with Marc Garneau trailing with an average of 886 followers a month.

GRAEME ROY/THE CANADIAN PRESS

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Horse as the main course

On the menu. What's distasteful to some is more than palatable at Toronto's La Palette



JESSICA
SMITH

Metro in Toronto

Shamez Amlani says he understands being vegan — but refusing to eat horse while chowing down on the noble cow and the friendly pig? That's just "speciesism."

Amlani and his wife opened La Palette on Toronto's Queen West just over 12 years ago. When he first asked his meat supplier to find him horse, there weren't any other restaurants in Toronto serving it. La Palette, he said, offered it clandestinely to customers with a "psst, we have horsemeat" whisper, rather than putting it on the menu.

Now, horse tartare and two horse main courses are on the menu. Horsemeat, being so lean, is a favourite of athletes but is also so tender his wife calls it "the butter of meats," he said.

As it turns out, we might not eat a lot of horse but we supply a lot of people who do.

Canada exports thousands of kilograms of horsemeat each year.

Amlani said horsemeat squeamishness can be traced to 732, when Pope Gregory III decreed eating horse a "filthy and abominable custom."

"People will have a very schizophrenic approach to why you shouldn't eat it — they'll start by saying they're companion animals, they'll



Horse tartare and tenderloin, as prepared by Chef Brook Kavanagh of La Palette. FERNANDO CARNEIRO/METRO

Taste test

Savouring the tenderest of meats

To me, the horsemeat debate comes down to taste. We eat beef, pork — why not horse?

On to the taste test. La Palette, a French bistro on Queen Street West in Toronto, serves horsemeat.

I started with a tartare — raw horsemeat with onions and seasoning.

I was surprised by how tender horsemeat is, despite being so lean. It's also

mild — much milder than beef. I wondered if the seasonings were keeping me from fully tasting the meat. The dish was delicious, but I wanted horse on its own.

The tenderloin gave me that opportunity. Seared on the outside and rare on the inside, it was accompanied by a mushroom-oat risotto, seasonal vegetables and a port reduction. I could've eaten the meat with a spoon, it's so soft. And a little sweet. It won me over.

FERNANDO CARNEIRO
Metro
fernando.carneiro@metronews.ca

tell you it's bad for you because of (drugs) that might be present in the meat and they'll switch back to, 'But they're so cute,' he said.

Others will encourage a distaste for horsemeat as "the thin edge of the wedge"

in their attempts to convert others to veganism.

Amlani knows all about people's objections. His restaurant has been the focus of protests, and sometimes diners walk out when they see horsemeat on the menu.

Some horsemeat stats

13,489 Canada exported 13,489 metric tonnes of horsemeat in 2011. That's down 24 per cent since 2010, when Canada exported 17,766 metric tonnes.

89,348 There were 89,348 horses slaughtered in licensed slaughterhouses in Canada in 2011, each weighing an average 0.28 metric tonnes.

Recipe pays homage to one of the most beautiful animals

Hayfire Roasted Horse Tenderloin with the Foods It Liked Most

- 2 pounds horse tenderloin
- damp hay
- applewood
- 1/4 cup rendered horse suet
- 2 large heirloom carrots
- 2 firm cooking apples
- 1 tbsp fermented oat paste (could substitute miso)
- 2 cups alcoholic dry apple cider
- 2 tbsp apple cider vinegar
- 2 cups finely diced carrots, onions and celery (mirepoix)
- 1 tsp julienned fresh sage leaf
- 10 pounds horse bones
- whole oats
- good butter
- chives

For the horse's oats: Make a stock of horse marrow bones, fermented oat paste and roasted hay. Toast the whole oats in good butter with sage. Add the mirepoix, deglaze with a dry alcoholic apple cider, the cider vinegar and the horse stock. Simmer until oats are tender, adding more stock as necessary. Finish with more good butter, chives, and season to taste.

For the horse reduction: Boil the remaining horse broth with a cup of apple cider until it is thick and sticky. Right before serving add a few spoons of cold butter and whisk to incorporate. Serve each guest a few spoons of the oats, a thick slice of tenderloin, a few slices of apples, carrots and the reduction.

CHEF BROOK
KAVANAGH,
LA PALETTE

Arguments in the horsemeat controversy

- Argument: Horses can be mistreated or unethically killed. Last winter, the Toronto Star published an exposé about horses bought at a "kill" auction in the U.S. It followed a trailer of horses that were left without food, water or room to move for 22 hours as they made the trip to an abattoir in Quebec. The Canadian Horse Defence Coalition has secretly filmed some of Canada's abattoirs and found some instances in which horses are improperly killed.

- Counterargument: It's no different than cattle slaughter — humane. Horsemeat proponents argue the process is the same as the slaughter of cattle. Plus, killing a horse for its meat, instead of

leaving it improperly cared for at a farm that no longer has use for it, is ultimately more humane.

- Argument: There could be harmful drug residue. Phenylbutazone (PBZ) is an anti-inflammatory given to many horses, especially racehorses, which can end up at abattoirs. The drug can cause serious health problems in humans if ingested.

- Counterargument: Horsemeat is tested. The Canadian Food Inspection Agency (CFIA) has a "zero tolerance for phenylbutazone in food" and conducts random spot tests of horsemeat for residue of the drug, finding "a very high compliance rate" with the law.

ROBSON FLETCHER/METRO IN CALGARY

Which meat will you eat?



"It's based on taste. I like steak, I like beef, chicken.... I've never had horsemeat before. But I would if it was good."



"I would try almost anything. I've eaten venison; I've eaten buffalo, elk, kangaroo — I think ... — and ostrich."

Stephanie Nadler, 50, artist and stay-at-home mom, eats meat

Would you eat horsemeat?



"To me, meat is meat... I don't understand why it's different than cow or pig."



"I don't think people should eat horsemeat.... So many people love horses and have them as a pet."

Logan Thayalan, 30, database assistant, eats meat, but not horsemeat



The recent horsemeat scandal has generated more curiosity than controversy. Searches for 'horsemeat recipes' spiked dramatically following news that horsemeat disguised as beef had been sold across Europe. In Canada, searches for

Who's not too sweet to eat?

We asked which animals you would eat. Here's how you voted:



Horsemeat. Big business in Alberta

Canadians consume about 650,000 pounds of horsemeat and export about 30 million pounds of it each year, with most coming from the province best known for its cattle.

"Probably two-thirds of the Canadian processing is done in Alberta," said Bill desBarres of the Horse Welfare Alliance of Canada, an advocacy group for the horsemeat industry.

While some might bristle at the thought of slaughtering horses for food, advocates like desBarres believe it's the best end-of-life option for many of the animals.

"It's the most humane option — for horses that qualify — to go to processing," he said. "But the horse must qualify. It can't have phenylbutazone administered in the life of the horse, for instance. That's a painkiller that does not have a designated withdrawal time."

Horses that have consumed other drugs can qualify after spending sufficient time on a feedlot for the drugs to clear their systems, desBarres said.

The Canadian Food Inspection Agency "has zero tolerance for phenylbutazone in food," according to its website, and employs both random and targeted testing of horse meat for the drug and other contaminants.

Other groups, however, like the Canadian Horse Defence Coalition, say it's impossible to guarantee that horses sent for slaughter are free of such drugs. "With such random, scanty testing protocols in place, one can only imagine how many drug-positive horses slip through the cracks," CHDC executive director Sinikka Crosland said in a recent statement.

Bruce Flewelling, who buys and sells horses for meat in Alberta, said processing may be distasteful to some — including his own father, who was an avid horseman — but he prefers it to simply burying or cremating horses at the end of their lives.

"With processing, you get something out of the horse," he said.

ROBSON FLETCHER/METRO IN CALGARY



Horses wait to be ushered into the auction ring in Nebraska in 2008. Most of the animals were sold so they could be sent to Canada to be slaughtered.

NATE JENKINS/THE ASSOCIATED PRESS FILE

AT'S UR TE?

'horse recipe' have been generally trending upward since 2008, reaching an all-time high this February. Volumes were highest in Alberta, perhaps indicating that cattle country is developing a taste for horses.

Keep your pets past the expiry date

Freeze-dried Fido.

Taxidermist makes sure animal lovers never have to say goodbye

Growing up on the family farm, Anthony Eddy learned early on not to get too attached to animals, including household pets.

His devoted customers are a different story. Pet lovers across the U.S. count on the Missouri taxidermist to faithfully preserve Brutus, Fluffy and other beloved companions for posterity. Even if it means shelling out thousands of dollars and waiting more than a year for the pets' return.

"They're very distraught, because their child has died. For most people, this animal is their life," said Lessie "Les" Thurman Calvert, Eddy's office manager. "Some are kind of eccentric. But most of them are just like you and me. They don't want to bury or cremate them. They can't stand the thought ... It helps them feel better about the loss."

The front showroom of Eddy's Wildlife Studio in downtown Slater, Mo., is a testament

Quoted

"You just have a knack for it. It's like an artist painting a picture."

Taxidermist Anthony Eddy, on posing freeze-dried pets so they appear lifelike.

to pet owners' perseverance. Lifelike dogs and cats of all sizes are scattered along the floor, from a perky-looking Brittany spaniel to a regal Persian cat, a lone iguana and the stray cockatiel or two. Departed pets of all persuasions spend up to one year in hulking, freeze-dry metal drums before they are painstakingly preserved and returned to their owners.

Eddy said his business is one of the few in the country to specialize in pet taxidermy and has a two-month waiting list.

The degree of difficulty — and the scrutiny of demanding pet owners who can immediately detect flaws or imperfections in their loved ones — keep many traditional taxidermists from the domestic animal sector, said Steve Wolk, president of the National Taxidermists Association.

THE ASSOCIATED PRESS



Anthony Eddy looks into a conventional freezer while a dog is preserved inside a freeze dryer in Slater, Mo. Animal lovers from across the U.S. call on Eddy to preserve their beloved departed pets for posterity through a freeze-drying process that can take up to a year. JEFF ROBERTSON/THE ASSOCIATED PRESS

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Online security

Evernote resets 50M passwords after hacking

Online note-taking service Evernote Corp. says it has been hacked and is resetting all its 50 million users' passwords as a precaution.



India's budgetary priorities include more free lunch

Indian children eat a free midday meal at a government school on the outskirts of Jammu, India, on Thursday. Finance Minister Palaniappan Chidambaram has unveiled a national budget with a promise to put Asia's third largest economy back on a path to high growth while trimming the fiscal deficit. However, with the country headed for general elections in 2014, government spending on costly social programs is also projected to go up substantially. The budget has assigned almost \$2 billion for an ambitious food security program, which will provide subsidized food to the poor.

CHANNI ANAND/THE ASSOCIATED PRESS

Vegas. Casino operator says it likely flouted bribery law

Las Vegas Sands Corp. says in a regulatory filing that it probably violated a federal law that prohibits bribing foreign officials. The casino company said in a filing Friday that the Securities and Exchange Commission asked two years ago for records relating to compliance with the Foreign Corrupt Practices Act.

Las Vegas Sands, which is controlled by billionaire Sheldon Adelson, said that after it got the SEC subpoena on Feb. 9, 2011, the audit committee of the board of directors opened an investigation.

In its annual report, filed Friday with the SEC, the company said that the audit committee

"reached certain preliminary findings, including that there were likely violations of the books and records and internal controls provisions" of the anti-bribery law.

Las Vegas Sands said that based on information from the audit committee and its lawyers, it expects that the findings will not have a material financial impact or force restatement of past financial results.

The Wall Street Journal, citing an anonymous source, reported Saturday that the findings were related to business deals in mainland China led by executives no longer with the company.

THE ASSOCIATED PRESS

Executive pay. Swiss fight back against 'fat cat' bosses

Swiss voters voiced their anger at perceived corporate greed Sunday by approving a plan to boost shareholders' say on executive pay.

Some 67.9 per cent of voters backed the Rip-Off Initiative, with 32.1 per cent against, according to the official count broadcast by Swiss public television station SRF.

The outcome of the referendum was considered a foregone conclusion after opinion polls in recent months showed strong public support for the initiative. News last month that the outgoing board chairman of Swiss drug maker Novartis AG, Daniel Vasella, was to receive a leaving package worth

Shareholder rights

- Swiss lawmakers will now have to draft a law giving shareholders the right to hold a binding vote on all compensation for company executives and directors.

about \$78 million further fired up public sentiment against "fat cat" bosses. Vasella later said he would forego the deal, but by that time the incident had dashed opponents' hopes of stopping the initiative.

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The Redwood City, Calif.-based company said in a post published late Saturday that an attacker had been able to access sensitive customer information and that every user would have their account reset "in an abundance of caution."

Evernote says the attacker was able to access an unspecified number

of customers' encrypted passwords. Decoding such passwords can be difficult but is far from impossible.

The company says it has seen no evidence that any customer data had been tampered with or that any payment information had been compromised.

THE ASSOCIATED PRESS

Market watch

Dollar may be in for a bumpy week

The Canadian dollar could be under further pressure this week as traders look to see what the Bank of Canada signals about interest rate hikes and how job creation held up

during February. Currency and stock markets will also be looking to see how an automated series of steep U.S. government spending cuts is being implemented and what progress Italy is making in forming a new government following inconclusive results from an election last week.

THE CANADIAN PRESS

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5912 104 St
5919 91 St
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9518 Ellerslie Rd SW
10309 34 Ave.
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10429 178 St NW
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14903 118 Ave.
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AN ICY BACK-AND-FORTH

"Hello. City of Edmonton, Suzy speaking. How may I help you?"

"Hi, I'm looking for information about ice on my sidewalk."

"Yes, sir. What would you like to know?"

"Well, I'd like to make sure that I'm responsible for removing ice, even though I don't own the sidewalk."

"That is true, sir. If we get a complaint, we will issue a warning. If we get another complaint, you can be fined \$100."

"A hundred bucks? What if I can't do anything about it?"

"I don't understand, sir. Have you checked our website? There are a number of tips about removing ice."

"You mean like putting sand in the microwave and heating it before I put it on ice?"

"Yes, sir, that's what I'm talking about."

"I looked at that. Lots of good tips. I particularly like the



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

advice about the kind of shovel I should use and the warning about keeping my knees bent. But I couldn't find an answer to my question."

"What question is that, sir?"

"How to go about overriding the laws of nature."

"The laws of nature. I'm afraid I don't understand."

"Well, I'm sure you've heard that water seeks its own level."

"Yes, I've heard that. It means that water will always migrate to the lowest point, I think."

"Close enough. So you would agree with me that water cannot be made to run uphill on its own."

"I think that would be true, sir."

"And you are aware that Edmonton goes through freeze and thaw cycles all year long."

Vicious cycle

"So you would agree with me that water cannot be made to run uphill on its own."

"Oh yes, I am, sir. We get hundreds of complaints about potholes that are caused by that."

"So here is my question: My sidewalk is more than 50 years old and has slanted away from the road. And the sidewalk of my neighbour is higher than the section in front of my house. So every time it thaws, there is a pool of water. When it freezes, it turns to ice and is very dangerous. How can I keep my sidewalk ice-free if I can't get rid of the water?"

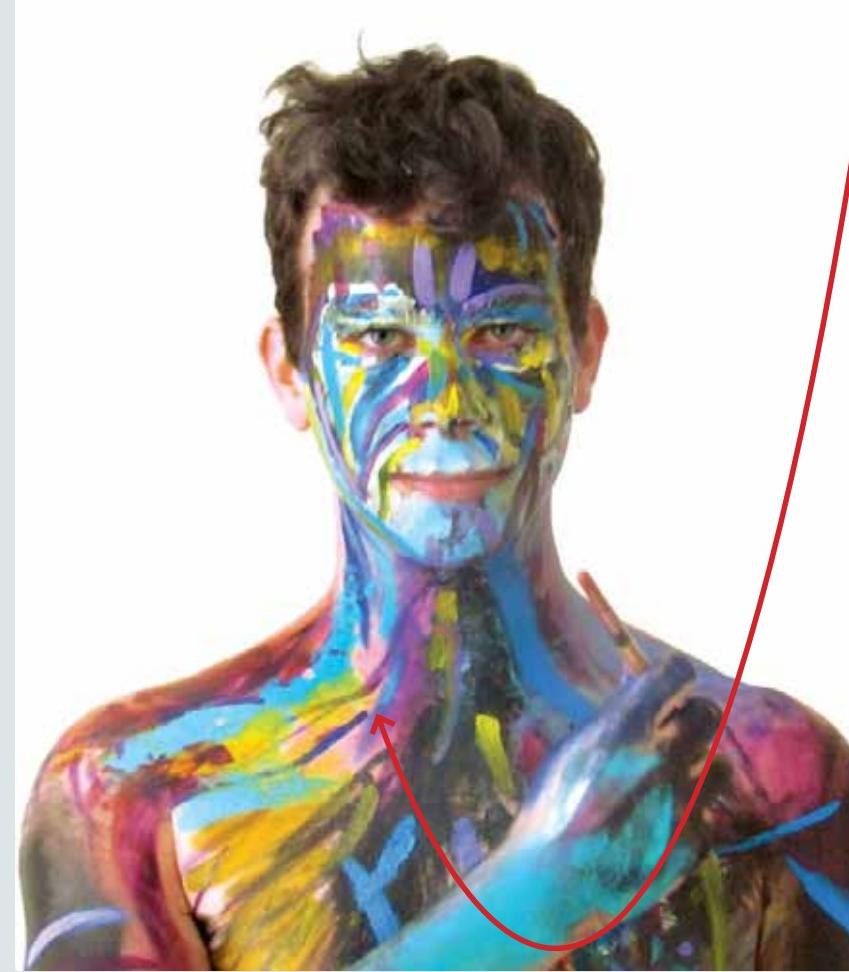
"I'm afraid I can't answer that question, sir."

"Maybe you can answer this question? If you come and clear the ice and fine me \$100 and the next day it thaws and freezes, will the city fine itself for not being able to do what I am supposed to do?"

"Good question, sir. Good question."

ZOOM

Radiate from the inside out



VICTOR FERREIRA/THE CANADIAN PRESS

Artist uses canvas as his muse

Matti McLean once hated his body so much that, in his last year of high school, he stopped eating.

Now he's advertising the beauty of the human form by transforming it into a work of art.

Through the Human Canvas Project, established last year, McLean uses his paintbrushes to capture both his subjects' figures and personalities.

Using music, discussion and individual colour choices, McLean tries to tap into each person's special character and use the body as the canvas it's painted on.

He has created 145 canvases since beginning, he said, adding his work is reaching an audience ranging from Australia to Peru.

THE CANADIAN PRESS

Colour at end of the tunnel

"A lot of gay men struggle with eating disorders. I didn't like who I was and took it out on my body."

Matti McLean
Founder, Human Canvas Project
He explained he overcame his self-esteem issues and began the Human Canvas Project as a way to document his close friends and the way that he saw them on the inside.

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

You're a crossbow-wielding vampire hunter caught in a life-or-death struggle with a giant rabbit, and your allies start eating your ammunition.

Yep, just another night in the life of Michael Davidson, artistic director of Edmonton's Dungeons & Dragons: Improv Edition. He decided to start an improv troupe based on the popular role-playing game after acting in a D&D-themed performance in Winnipeg.

"It threw me back to the first days of sitting around the table," says Davidson, a longtime gamer.

The game's collective storytelling provides interesting opportunities for improv theatre — such as when Davidson's prop crossbow began

misfiring marshmallow ammunition across a stage filled with hungry actors during an important battle.

But the heroic antics are more than just a comedic act. Since the troupe's inception, Davidson's standing crew of 19 have used the show to support local causes by donating ticket proceeds, performing for Big Brothers and Big Sisters and holding food and coin drives. At their last show, they collected more than 20,000 pennies (and counting).

For information on their next show, go to dndimprovement.com.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Its youth empowerment event, We Day, was in eight cities across Canada last year, inspiring more than 100,000 attendees. Email them for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

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SCENE 2

Canadian Screen Awards bewitched by Rebelle

Golden Globes North.

Combo Genies and Geminis event also awards Flashpoint, Laurence Anyways

Rebelle ruled while Flashpoint continued to burn bright at the inaugural Canadian Screen Awards on Sunday, as the best in homegrown film and television gathered for a first-ever joint bash hosted by an off-the-wall Martin Short — who

brought along his popular alter ego Ed Grimley.

The Oscar-nominated child-soldier drama *Rebelle* (or *War Witch*) dominated the film categories with a whopping 10 trophies, including wins for best film, best director, best screenplay and best actress for its teenage star, Rachel Mwanza. It had been up for 12 awards.

"I'm very touched," said Montreal director Kim Nguyen as he collected the best director prize.

"I'd like to dedicate this to the women in the Congo, their

strength, their courage and their resilience."

Meanwhile, perennial TV favourite *Flashpoint* took the top prizes in the TV race, including best drama and best dramatic actor for star Enrico Colantoni.

The inaugural awards gala celebrated the best in Canadian film and television together for the first time, and Short kicked things off with a musical opening that saw him hoisted by wires to soar over the audience.

"They had me so high up there I could see both of Mike Duffy's houses," quipped Short,

keeping things topical for his Canuck audience.

He later lobbed affectionate barbs at Canadian celebrities Don Cherry, Rick Mercer and *The Bachelor Canada* winner Brad Smith, and took aim at recent Oscar winner *Argo*, which earned criticism for downplaying Canada's role in rescuing six U.S. citizens caught up in the 1979 Iran hostage crisis.

"It's always nice to be home," Short said to a star-studded crowd.

"I flew in on Air Canada. Or as Ben Affleck calls it, American Airlines." THE CANADIAN PRESS

Other big winners

TV comedy actor: Gerry Dee, *Mr. D*

TV comedy actress: Wendell Meldrum, *Less Than Kind*

TV drama actress: Meg Tilly, *Bomb Girls*

International TV drama: *The Borgias*

Documentary: *Stories We Tell*, Sarah Polley

Celebration. Madonna to present Anderson Cooper with GLAAD award

Gay advocacy group GLAAD says Madonna will present CNN's Anderson Cooper with an award for openly gay media professionals.

GLAAD said the singer has been chosen to give Cooper the Vito Russo Award at the 24th annual GLAAD Media Awards in New York City on March 16.

THE ASSOCIATED PRESS



Box office

Jack 'slays' the competition

It wasn't exactly a mighty victory, but Jack the Giant Slayer won the weekend at the box office. The Warner Bros. 3D action extravaganza, based on the Jack and the Beanstalk legend, made just \$28 million to debut at No. 1, according to Sunday studio estimates. It had a reported budget of about \$200 million.

THE ASSOCIATED PRESS

Downton Abbey. Fourth season has some cast comings and goings

Shirley MacLaine will be returning to *Downton Abbey* next season, and opera star Kiri Te Kanawa is joining the cast.

MacLaine will reprise her role as Martha Levinson, Lord Robert Crawley's freewheeling American mother-in-law. Carnival Films and Masterpiece on PBS said Saturday. MacLaine appeared in episodes early

last season. New Zealand-born soprano Te Kanawa will play a house guest. Another new character is Tom Cullen as Lord Gillingham, described as an old family friend of the Crawleys who visits the family as a guest for a house party (and who might be the one to mend Lady Mary Crawley's broken heart). THE ASSOCIATED PRESS

The story of how the Vikings were more gender-progressive than we think

Barbarians? Katheryn Winnick and Jessalyn Gilsig, female stars of *The Vikings*, talk about the Norsemen ways

MATT PRIGGE
scene@metronews.ca

The dominant cultural image of Vikings is simple: bearded oafs drinking from skull cups in between fits of plundering.

"People think they were just barbarians with horns on their heads," says Katheryn Winnick, one of the stars of *The Vikings*, a new docudramatic show that airs Sundays on The History Channel. "That's completely wrong."

They were civilized, intelligent, sophisticated."

Discoveries into the lives of these Norse warriors have unearthed a more complex, even in some ways flattering, view than the romantic portrait prominent in the public's

mind. The show is the latest from Michael Hirst, known for his way of turning history — via the two Elizabeth films, *The Tudors* and *The Borgias* — into highly watchable and often sexy trash.

But Hirst's talents run deeper than that, just as his show — which tells of Ragnar Lothbak (Travis Fimmel), a real-life Viking badass — isn't only about straightening records.

The most striking aspect is the meaty role women have on the show, specifically Lagertha (Winnick), wife of Ragnar, and Siggy (Jessalyn Gilsig), the Lady Macbeth to Gabriel Byrne's evil lord. Lagertha, a real-life "shield-maiden" (i.e., female warrior), spends the earliest episodes, at least, at home as her husband sails on an illegal mission.

But that means organizing the community as her husband would and fending off ne'er-do-wells, even by force. (Winnick has a long history in martial arts, and has had a black belt since the age of 13.)

"What's great about her relationship with Ragnar was that they were partners," Winnick says. "They were teammates. It was true love."

For Gilsig, best known as hissable Terri Schuester on

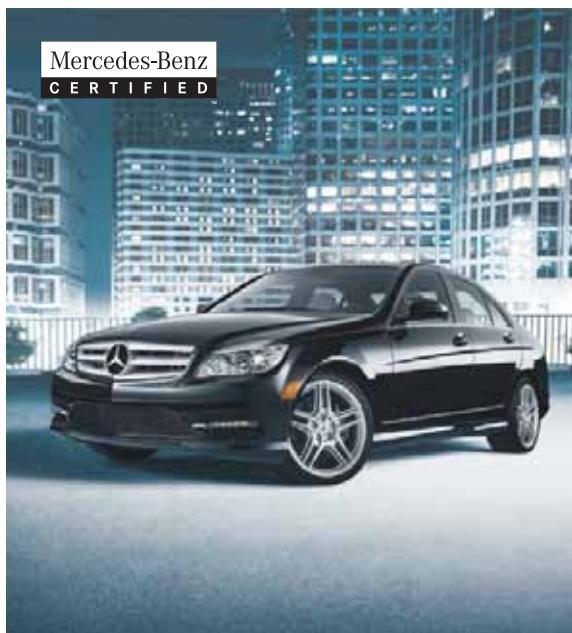
Glee, it was a chance to not only play evil again, but play equally evil to her husband.

"This was a team effort," she says of the two characters. "This is a couple that has come to the highest position you can achieve, and now they have to figure out how to keep it. You have to do that by identifying your enemies and any threat you have, and eliminating them. That can make you unethical and calculated, but it's all in the name of survival."

Actors who lean toward villainous roles will tell you that their secret is playing the character as believing they're in the right, and Gilsig agrees. "Your job as an actor is to always make sense to yourself. Even a serial killer makes sense to themselves."

And while Hirst and her *Glee* boss Ryan Murphy have obvious differences, they too have obvious similarities.

"Neither [Glee nor Vikings] was written by committee. Neither was responding to network expectations. They were absolutely born of the writer," she explains. "When you have shows written by a single writer it's the greatest feeling because there's such a consistency in the voice and the world. You feel like you can get into step with them."



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Bieber says his 19th birthday was a bummer. ALL PHOTOS GETTY IMAGES

Birthday was the worst day, but they sipped \$12K in booze when they were thirsty

Justin Bieber's celebrations for his 19th birthday didn't go so swell Friday, leading the star to tweet a simple, "worst birthday." And while his fans leapt to the conclusion that the paparazzi were responsible, it reportedly had more to do with the security at London's Cirque du Soir night-club, who wouldn't let some of his entourage in because they couldn't prove they

were over 18, according to E! News. Bieber still managed to have some fun — dropping a reported \$12,000 on bottle service for his pals — but the incident with security put an early stop to the festivities. "I think Justin and his friends had a good time," a source says. "(But) he was, of course, not amused that some of his close friends were refused entrance."

Notice to appear? You can find her in the club

Lindsay Lohan appears to be living it up as much as she can in advance of her March 18 trial — and even skipped out on the latest court appearance related to her case to stay in New York and go clubbing instead, according to Us Weekly. Maybe she knows it doesn't look too good for her this time around when it comes to avoiding jail time, especially considering the drubbing her new lawyer, Mark Heller, has been getting from Judge James Dabney. After dismissing Heller's motions to have the case put on a "slow track," Dabney cautioned that Heller would need someone by his side



Clubbing apparently trumps court for Lindsay Lohan.

versed in California law or "Miss Lohan is going to have to come in here and waive her right to have competent attorneys versed in California law and procedure."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Is Kanye a playdate hater?



STARGAZING
Malene Arpe
scene@metronews.ca

Mark Wahlberg says he was offered a role in the last Star Trek movie but turned down J.J. Abrams because he "couldn't understand the words or dialogue or anything." Coincidentally the very same reason he stopped modelling underwear for Calvin Klein.

Kanye West rants about Jay-Z and Justin Timberlake's Grammy performance and their new song, Suit and Tie. Jay-Z now regrets not lending Kanye his new toy train before going on the play date with Justin.

Suri Cruise may have a body double. The Brangelina kids are all sulking in their rooms.

"Friend Zone" is added to the Oxford Dictionary. "That's so dumb," says some really nice guy. "But I don't have time to deal with it now. I'm late picking up Tiffany's dry cleaning."

Michelle Obama's Oscar dress gets photoshopped sleeves and a much higher neckline for Iranian TV. "Could you send over some information on how you did that," asks Lindsay Lohan's manager.

Justin Bieber now has more Twitter followers than there are people in Canada. There's only one force on Earth strong enough to fight back! It's time to remobilize the Kiss Army.

Otomom says she has a medical marijuana prescription. She suffers from the incurable condition known as "14 kids."



Rihanna says her and Chris Brown have matured big time in the last four years.

This love is fresh: RiRi

Rihanna claims that things are working better now with on-again off-again boyfriend Chris Brown because they've grown up a lot in the four years since his arrest for assaulting her. The singer insists to Elle UK that they



Twitter



@TheRealRoseanne

Note to americans: if you want to vote for me in 2016-u need to make sure I am on the ballot in your state-educate ourselves-it's impossible



@NiallOfficial

Gona get a power nap now! #preshowsleep



@JimCarrey

Vegas has everything except a hotel window you can open. Not gonna lie, being forced to breath super dry central air freaks me out a bit.



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Baby wipes**Not just for bums**

Baby wipes are excellent for baby bums, of course. We all know that.

But they are not just for babies anymore. I have found baby wipes to be the perfect eye makeup remover. I ditched my



expensive liquid eye makeup remover years ago in favour of the gentle-on-my-skin baby product.

The multi-purpose wipes have a permanent spot in our bathroom for bums, eyes, spills and countertops. I even use them to remove pesky deodorant stains from my clothing.

JENNIFER WALKER OF YUMMYMUMMYCLUB.CA

A cheap solution**Fix for the reluctant biker**

My little girl just couldn't get the hang of a two-wheeler bicycle — no matter what.

Instead of paying for an expensive glider, we took the pedals and the chain off of her regular bike.

She then learned how to push and glide to get her balance. It worked perfectly to give her the confidence she needed.

Every child should learn this way!

Once she got her balance and we put the chain and pedals back on, she was off, literally, the first time with no help.

MEGAN ANDREWS OF YUMMYMUMMYCLUB.CA

Exclusively online

After months of anticipation, you're taking your very first wobbly steps. If only John Stamos were here to score the moment with an original ballad. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metrone.ca/voices



Keep your toddler smiling

Indoor activities.

Is your child stuck indoors all day? Here are fun ways to keep the little one entertained

CAROLINE FERNANDEZ
YummyMummyClub.ca

Snow days, rainy days, days I just have to do laundry — we've had a lot of inside time lately. I have been getting creative with my two-year-old and finding lots of fun inside ideas. Here are my top nine.

Wooden spoon + pots = musical madness!

Doing the dishes and toddler driving you crazy? Give him a pot and a wooden spoon. Bang, clash, boom. So simple, yet so entertaining. Mix it up with plastic bowls, stainless steel pots, wooden and metal spoons (the bigger the better). He's learning about beats and music while getting his banging on.

Cardboard box + crayons = artful activity!

I get tons of cardboard box deliveries. A few crayons (washable, of course!) plus his creativity and it makes for the perfect

art experience. Lines, squiggles, circles. He's learning about art without even knowing it.

Empty milk jug + soft ball = toddler bowling!

We go through four litres of milk a day (yes, really!), so before I take those milk jugs back for deposit, we re-purpose them into a bit of play. Line them up against a wall, stand back and gently roll (this takes practice) the ball to knock over the jugs. It's a fun physical activity — there is crouching, bending, picking up and running back to knock them down again.

Cars + hands = CRASH!

There is something about crashing things that entertains my toddler to no end. Cars, pillows, teddy bears, two of anything can crash really. It is repetitive and verbal (he sings "crash, crash") and apparently tons of fun.

Fingers + songs = finger songs

Folding laundry and toddler wants your attention? Start singing Head and Shoulders or Wheels on the Bus or The Hokey Pokey. You can do the movements as you fold (whizzing socks around while singing Wheels on the Bus is just organic) and he'll follow along. That's multi-tasking.

Kitchen sink + water = home-made water table.

This was my Tuesday. I pulled a chair up to the sink. I filled it with water and dish soap and put in wooden spoons, plastic measuring cups and some clean plastic yogurt containers. My son instinctively climbed up and went to town splashing and pouring. Yes, the floor got wet. Yes, he got wet too. But the clean up was easy, with a simple swipe of the towel and a quick change of clothes. It was play time well spent.

Swim + bodies = land swimming.

Sounds weird, right? This was part of a game we played at play group where there were "octopus" who had to catch "fish" swimming by. Dear son loved it so much we often land swim around the house. Chanting, "swim, swim swim," we walk around the living room and move our hands like we're swimming. Hurry, a shark!

Hide + seek = where did it go?

Showing an object and then hiding it under my shirt (or his) is a daily event. "Where'd it go?" we ask each other. I call it training for finding running shoes in his school years.

Books + lap = reading time

Before every nap and bedtime,



Give her pots and pans to bang on while you wash dishes. ISTOCK

we read stories. I change up the ones on the toddler reading table (more for my entertainment than his). Currently we are reading Blue Hat, Green Hat

by Sandra Boynton and Toupee a pear by Dominique Jolin.

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Shopping with kids can be an adventure. ISTOCK

No judgement near the frozen waffles

It's 3:30 p.m. Kids, hungry after school, lean against the shopping carts their mothers push down crowded aisles. I watch a middle-aged guy jump the check-out line.

He sees me see him and does a defensive "who me?" shrug. Hurried myself, I bite my tongue, check my list and press on. There is a tall blonde bearing down on me. I do a half pirouette to let her by and hear a little voice, upturned, just finishing a question on the

woman's far side. As they pass me I hear her brisk reply: "We are not here for fun. We are here for things to eat."

I pause carefully on the threshold of judgment. I have always tried to avoid shopping-as-chore. We used to make food shopping an adventure, now it is a creative exercise in lunch kit supply choices.

The truth is that shopping is a chore, especially at this hour, especially when your legs are little and everyone's patience is

thin. I realize what I am feeling is an empathy wince.

Being a parent is filled with daily obstacle courses, small and large. The afternoon melt-down hours between 3:30 and 6:30 p.m. are a particularly trying sprint. A homework hatchet hangs heavy and urgent over our household tonight, so I keep moving, wedge the freezer door open with my hip, grocery basket biting into my forearm, bottle returns clanking on my other flank. I try to

smile at the kids hauling backpacks past me, and nod as we navigate the space so the parents know there is no pressure from me, even if they are in the middle of a teary negotiation in the frozen waffle section.

Judgment is a withering thing under which family life does not thrive. We must allow room for each other. The guy who jumped the line though? He needs remedial kindergarten. CATHERINE JACKSON OF YUMMYMUMMYCLUB.CA

A taste of Greece in a burger

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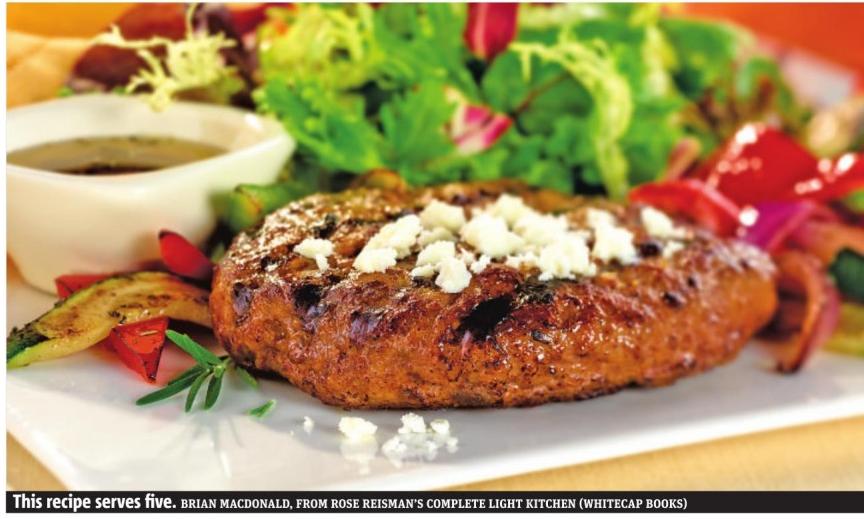
Add some mushrooms, feta cheese and oregano and you have a whole new burger.

Try substituting ground chicken, turkey or veal. Forget the bun — I love to serve these over a bed of couscous.

But if you're serving them

Ingredients

- 1 cup chopped mushrooms
- 1/2 cup chopped onion
- 1/3 cup light feta cheese, crumbled
- 1 lb extra-lean ground beef or lamb
- 1/4 cup finely chopped fresh chives
- 3 tbsp chopped fresh oregano
- 2 tbsp barbecue sauce
- 3 tbsp dry seasoned bread crumbs
- 2 tsp minced fresh garlic
- 1 egg
- 3 tbsp chopped oregano



This recipe serves five. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

on a bun, be sure to include lettuce, tomatoes and onions for an extra serving of veggies.

1. Spray a non-stick skillet with cooking oil; add the mushrooms and onions and cook over medium-high heat for 4 minutes or until softened and browned. Remove from the heat. Stir in the feta.

2. Combine the beef, chives, oregano, barbecue sauce, bread crumbs, garlic and egg in a bowl. Stir in the onion mixture. Mix thoroughly. Form into 5 patties.

3. Spray a non-stick grill pan or barbecue grill with cooking oil and heat to medium-high. Grill the patties for 3 to 5 min-

utes per side or until no longer pink in the centre. (Alternatively, place on a baking sheet in the centre of a preheated 450 F oven for 10 to 15 minutes or until cooked through, turning once.) Garnish with oregano and crumbled feta cheese, if desired. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Four-Tomato Salad – an array of textures and flavours



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
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The contrasting colours and textures of the tomatoes in this salad are what make it so sensational.

If you can find grape tomatoes, they are even sweeter than cherry tomatoes and have a great texture.

Don't forget that tomatoes contain lycopene, an antioxidant that helps in the fight against prostate cancer and heart disease.

1. Place the tomatoes, onion and fresh basil in a serving

Ingredients

- 1/2 cup sun-dried tomatoes, rehydrated
- 2 cups sliced field tomatoes
- 2 cups halved red or yellow cherry tomatoes
- 2 cups quartered plum tomatoes
- 1 cup sliced sweet onion, such as Vidalia, Walla Walla or Spanish
- 1/2 cup chopped fresh basil or 2 tsp dried basil
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 1/2 tsp minced fresh garlic
- 1/2 tsp granulated sugar
- pinch freshly ground black pepper

Healthy eating

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Pizza is everyone's favourite takeout, but with stuffed crusts and fatty toppings, just a few slices will cost you in fat and calories.



Pizza Hut Italian Classic (2 medium slices with stuffed crust)

860 calories / 36 g fat
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Equivalent

Two medium slices of Pizza Hut Italian Classic pizza with stuffed crust is equal in fat to an entire Piller's kolbassa sausage.

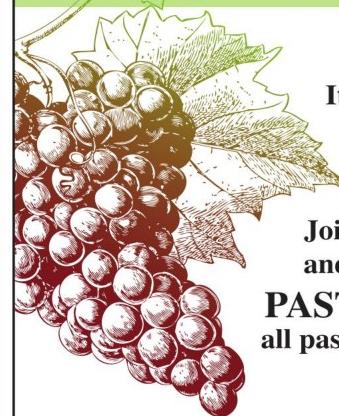


Pizza Hut Triple Crown (2 medium slices with thin crust)

440 calories / 16 g fat
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How to mess up the very first meeting

Don't, just don't.
On avoiding the opportunity ambush

YVLA
VAN BUUREN
careerbear.com

The job interview is one of the most important parts of the job-search process, and one that you have far more control over than you think, says Stefan Danis, CEO of Mandrake. Here are common interview mistakes and his advice on how to avoid them — and get the job of your dreams.

Come unprepared
The job description is usually filled with information about what type of employee the company is looking for, so spend time positioning how your experience and competencies match up. "The bad (move) is you come in and talk about yourself but in no way relate your narrative to what the company is looking for," says Danis. Questions during the interview will invariably relate to the job description. Consider rehearsing your answers in front of a mirror so you give the answer in the best possible way. "You must remain authentic in your response as opposed to re-

And then I learned to ski...

"Some people think life outside of work is not relevant to work ... but I would say quite the opposite."

Stefan Danis
CEO of Mandrake

hearsed, however," he says.

Don't ask questions

You can extract a tremendous amount of information as an interviewee, says Danis. Right off the top, ask how the interview will be structured — so



Fight the desire to fib about your employment history. iSTOCK

you know how much time you have and how you should tailor the length and detail of answers. Then, "in a perfect world you would finish every single answer with a query that would reflect back to the interviewer. For example, how is this competency valued within your organization?" Before you leave, ask for feedback. "Most interviewers will share with you what they thought right away if you ask them, but most people leave without asking the question." Ask.

Forget common courtesies

Don't be late. It's disrespectful and reflects on your personality and, possibly, work ethic. Also, turn off your cellphone. Surprisingly, almost 20 per cent of interviewees don't, says Danis. If you forget to turn off your cell and the phone rings, apologize and quickly turn it off pronto. If you are experiencing some sort of crisis that requires you be connected warn the interviewer ahead of time that you might get an urgent call. But

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start. Visit careerbear.com

the situation must be critical!

Make the interview all about work

The resumé got you the interview, says Danis, and odds are the fit will get you the job. Employers unearth fit by understanding how you go about your business and who you are. Include references to your personal life on your resumé and during the interview.

"Some people think life outside of work is not relevant to work ... but I would say quite the opposite, that life outside of work is in fact what gets you the job." Also, the biggest mistake in terms of high performance interviewing is

to not create an interactive experience, says Danis. Don't just answer questions and match what the interviewer is asking. Engage in a real back and forth conversation.

Dress inappropriately

Most companies have a dress code and there's nothing wrong with calling ahead and asking what it is. "It's foolish to not look what I call 'one level up'... if you look one level down, you're underdressed relative to the interviewer and you've made a big mistake. If you're dressed like they are, great. If you're dressed one level up, nothing bad happens," Danis says.

Lie through your teeth

Research shows that many people lie about things such as their education, work history and credentials. In fact, education verification is one of the fastest growing segments of hiring, says Danis. "Don't lie about anything. We live in the digital age and you'll be found out — dismissed from a process."

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NFL

Female kicker tries out for Jets

Lauren Silberman's NFL try-out lasted all of two kicks, neither of which travelled 20 yards.

Silberman, 28, became the first woman to compete at an NFL regional scouting combine on Sunday, but left the New York Jets' practice field after re-injuring her quadriceps. She tried two kickoffs, the first going 19 yards and the second about 13 yards, and then asked to see a trainer.

The former collegiate soccer player was examined off to the side of the practice field. About 30 minutes later, while 36 other kickers continued their workouts, she called the scene "surreal" and thanked the NFL for "this tremendous opportunity."

THE ASSOCIATED PRESS

Golf

Thompson trumps Honda Classic field

On a long, hard day at the Honda Classic, Michael Thompson relied on a superb short game to win for the first time on the PGA Tour.

Thompson seized control with a 50-foot eagle putt on the third hole, then kept his distance with clutch putt saves. It gave him a 1-under 69 and a two-shot win over Geoff Ogilvy.

"This week was magical," Thompson said. "Just had a groove and kept feeling it."

THE ASSOCIATED PRESS

MLB

Villarreal's family unharmed in kidnapping attempt

The Detroit Tigers say reliever Brayan Villarreal is not expected to leave spring training after his family escaped unharmed from a kidnapping attempt in Venezuela on Friday night.

Villarreal has remained with the team. Manager Jim Leyland did not want to comment further, saying Sunday: "The less said, the better." THE ASSOCIATED PRESS



Wild forward Jason Zucker leaps in front of Oilers goalie Devan Dubnyk on Sunday night in St. Paul, Minn. GENEVIEVE ROSS/THE ASSOCIATED PRESS

Koivu keys Wild win over Oilers

NHL. Centre breaks through to start third after frustrating middle frame for Minnesota

Mikko Koivu made up for a frustrating stretch without a goal by Minnesota, scoring nine seconds into the third period to snap a tie and spark the Wild to a 4-2 win over the Edmonton Oilers on Sunday.

The Wild had an astounding 18-0 advantage in shots on

On Sunday	By the numbers	
4	19	-20
Wild	Oilers	

goal in the second period, and the Oilers went 23:35 without a shot after Magnus Paajarvi's goal tied the game late in the first period. Minnesota outshot Edmonton 43-21 for the night,

and goalie Niklas Backstrom raised his career record at home against the Oilers to 17-0. Jared Spurgeon and Charlie Coyle each had a goal and an assist, and Koivu contributed two assists. The 43 shots were a season best for the Wild.

They had a scare with 7:04 remaining when Koivu's pass behind the net skipped off Sam Gagner's skate and ricocheted toward the crease at defenceman Ryan Suter. The puck glanced off Suter's stick as he tried to swat it away and slid past Backstrom to pull the Oilers within 3-2.

But the Wild didn't flinch. On a power play after a goaltender-interference penalty by Jeff Petry, Koivu sent a slap shot up the middle that Dany Heatley deflected past goalie Devan Dubnyk. THE ASSOCIATED PRESS

NHL. Kane cans winner as Hawks' streak continues



Patrick Kane, right, scores with two minutes left in regulation Sunday to extend Chicago's season-opening point streak to 22 games. THE ASSOCIATED PRESS

Patrick Kane had a couple shots that simply could not be stopped.

Just like the Chicago Blackhawks.

Chicago extended its NHL-record season-opening points streak to 22 games Sunday when Kane scored the tying goal on a power play with 2:02 left in regulation and the Blackhawks earned an extra point when the forward scored the only goal in a shootout of a 2-1 win over the Detroit Red Wings.

"Just amazing what's going on," Kane said.

Corey Crawford was perfect in the shootout and finished with 32 saves to help Chicago win a ninth straight game.

The Blackhawks have earned at least a point in 28 straight games dating back to last season to tie the second-longest streak in league history. They've matched Montreal's multi-season points run from the 1977-78 season and trail Philadelphia's streak of 35 straight games with at least a point during the 1979-80 season.

THE ASSOCIATED PRESS

4 SPORTS

Brier title proves elusive for Gushue



Newfoundland-Labrador skip Brad Gushue calls for the sweep from Geoff Walker, left, and Adam Casey at Rexall Place on Saturday. JASON FRANSON/THE CANADIAN PRESS

Curling. Newfoundland skip would prefer Canadian title over another Olympic gold

An Olympic gold medal came early in Brad Gushue's curling career. Winning a Canadian championship is taking longer.

"I'm the only curler I think in the world right now that would want to win a Brier more than the Olympics," said Gushue, who is skipping Newfoundland and Labrador for a 10th time at the Brier.

"I think everybody here, I think if you would ask them to take an Olympics or a Brier, they would choose Olympics. For me, personally, I'd choose the Brier. My teammates might not like that, but I've won an Olympics before. This is a special event for me and something I want to check off from the list of goals."

Gushue was just 26 when he and Mark Nichols, Russ Howard and Jamie Korab won men's curling gold at the 2006 Winter Olympics in Turin,

Italy.

Gushue threw fourth stones and was Howard's vice-skip. It was the first curling gold for a Canadian men's team after it became an official Olympic sport in 1998.

At 32, Gushue is considered a contender going into any Brier because of the Olympic gold. He's lived up to that billing for the most part despite a lineup change almost every year.

Gushue's teams have made the Brier playoffs six of his previous nine years. He was a runner-up to Glenn Howard at the Tim Hortons Brier in 2007 in Hamilton.

He tied for first with Alberta's Kevin Martin and Jeff Stoughton at 9-2 in the preliminary round in 2011, but lost in the semifinal.

The skip is still appalled, however, at his 5-6 record last year in Saskatoon.

"After my disappointing showing last year, personally, I just want to come and erase that and play the way I'm capable of playing and see where things fall," Gushue said. "I think if I was capable of play-

Rocky opening weekend

Rogue rocks were the theme of opening weekend of the Canadian men's curling championship.

- Skips' brows furrowed over a new set of curling rocks purchased recently by the Canadian Curling Association. They said some rocks in their set of eight didn't behave like the others, making it difficult to decide broom placement and weight calls.

- Pre-tournament favourite Kevin Martin of Alberta was uncomplimentary of the rocks as well. The reigning Olympic gold medallist opened the Brier in his hometown with a pair of losses before beating B.C. 10-3 on Sunday evening for the host province's first victory.

ing the way I'm playing, we would have won seven games or so." THE CANADIAN PRESS



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See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Horoscopes

Aries

March 21 - April 20

If someone provokes you today your instinct will be to hit back fast and hard, but it would be better if you control yourself. The planets indicate that revenge is unnecessary. Rivals and enemies will self-destruct soon enough.

Taurus

April 21 - May 21

You know that appearances can be deceptive, so don't jump to conclusions today. With Venus, your ruler, at right angles to Jupiter you may get completely the wrong end of the stick, with less than enjoyable results.

Gemini

May 22 - June 21

There are times when you must look out for Number One and this is one of them. If you allow yourself to be taken in by a sob story today you will surely regret it later.

Cancer

June 22 - July 23

You may have bitten off more than you can chew but it's no big deal. As the Sun edges closer to the midheaven angle of your chart you need to be a bit more adventurous.

Leo

July 24 - Aug. 23

Decide what is of most importance to you personally and focus all your energy on that one thing. Others may say you are being selfish, and maybe you are, but since when has that been a crime?

Virgo

Aug. 24 - Sept. 23

Are you happy with the way your life is going? If not you must do something about it. A big wave of change is coming and if you are ready, you can ride it to success.

Libra

Sept. 24 - Oct. 23

You may get quite upset today, especially if you see some sort of injustice taking place. But don't get too emotional because your job is to find a practical solution.

Scorpio

Oct. 24 - Nov. 22

The planets warn you should be on your guard, especially when dealing with business and financial matters. If someone sees that you want something badly enough they will push up the price.

Sagittarius

Nov. 23 - Dec. 21

Don't change things when you don't have to. With Jupiter, your ruler, so active at the moment all you have to do is be yourself and keep doing what you already do so well. You're on the cusp of success already.

Capricorn

Dec. 22 - Jan. 20

There are things going on behind the scenes that are going to affect you in a big way over the next few weeks. For that reason alone you must not commit yourself.

Aquarius

Jan. 21 - Feb. 19

However anxious you may be about a certain situation there is no need to change what you are doing. Time is on your side and Lady Luck will sooner or later act in your favor.

Pisces

Feb. 20 - March 20

Be careful when dealing with employers, authority figures and other important people over the next few days. You may want to impress them but what you don't want to do is come across as desperate.

SALLY BROMPTON

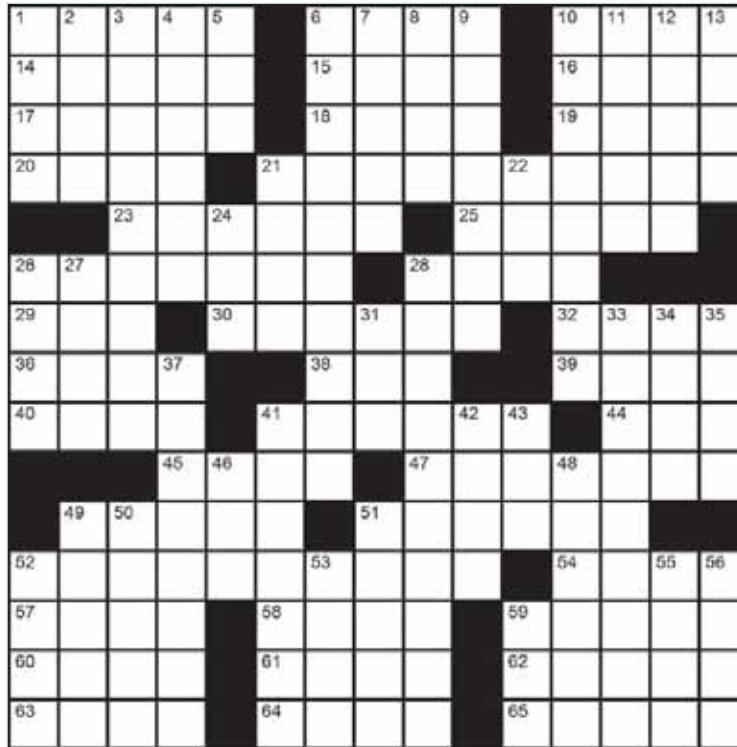
Crossword: Canada Across and Down

Across

- 1. TD Canada __
- 6. 007, et al.
- 10. "Bud the ___" (Song by #9-Down)
- 14. Weight unit
- 15. "Cast Away" (2000) transport
- 16. Ice cream __
- 17. Use the towel again
- 18. Farewell, in Rome 19. "___ boy!" (Well done)
- 20. 'Chick' suffix
- 21. Pre-Harper Prime Minister: 2 wds.
- 23. Quebec's Lachine

- 25. Life sign
- 26. Take the train or bus
- 28. Abundant
- 29. Kimono sash
- 30. Located in Nunavut, it's Canada's largest island
- 32. Colourful plastic parts on binder separators
- 36. Negative replies in Montreal
- 38. Elles opposites
- 39. Missing-a-member quartet
- 40. Ooze

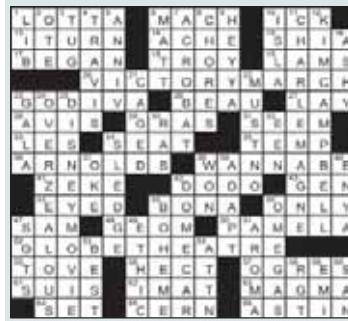
- 41. ___ Social Scene
- 44. Make long grass short
- 45. Cosmetic cream content
- 47. Red Rose products: 2 wds.
- 49. Jeans fabric
- 51. Like many chips
- 52. Marvel products: 2



- wds.
- 54. Some pol. party members
- 57. Mayberry kid of '60s TV
- 58. "If all ___ fails..."
- 59. Ms. Roberts
- 60. Pell-___ (In haste)
- 61. "___ Window" (1954)
- 62. Luminous
- 63. Barack Obama's li'l title
- 64. Items on a landscaper's truck
- 65. Slammers in England
- 1. When tripled, war movie of 1970!
- 2. Repented
- 3. Sabotage
- 4. Horror flick franchise
- 5. Scottish writer, Josephine ___
- 6. "Rebellion (Lies)" band from Montreal: 2 wds.
- 7. ___ Julius Caesar
- 8. Frying pan name, ___
- 9. Canadian music legend,

- ' Tom Connors
- 10. Gone with the Wind protagonist
- 11. Paul who famously sang "Nessun Dorma"
- 12. Free from knots
- 13. Hollywood icon James
- 21. Pocket bread
- 22. Montreal musician, Melissa ___ der Maur
- 24. "Coronation Street" hangout
- 26. Jailbirds
- 27. Double-reed woodwind
- 28. Adrenaline junkies: 2 wds.
- 31. Rapper, ___ Rida
- 33. Plated burrowing mammal
- 34. Book genre, for short
- 35. Plants seeds
- 37. Cocker and Springer
- 41. Winnipeg Blue
- 42. Tube-shaped fishes
- 43. Singer/pianist, ___ King Cole
- 46. Driver's need, for short
- 48. Kind of whale
- 49. Steroids-using athlete
- 50. Actor Mr. Hirsch
- 51. "What a pity.": 2 wds.
- 52. Free pass, commonly
- 53. Margarine
- 55. Sci. class
- 56. Carpentry tools
- 59. Series Toronto-born actor David James Elliott starred on

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

9	1	4	5	7	2	3	6	8
5	3	8	9	4	6	2	1	7
7	6	2	3	1	8	5	4	9
8	2	3	7	5	1	4	9	6
1	4	9	8	6	3	7	5	2
6	5	7	4	2	9	1	8	3
2	8	5	1	9	7	6	3	4
4	9	6	2	3	5	8	7	1
3	7	1	6	8	4	9	2	5

7	6	9	8	2
1				5
5	1	9	3	8
		2		
8	9	1	4	6

3			8	9
7				5
	4	7	8	1
				5

Weather

TODAY

MAX: -4°
MIN: -6°

TUESDAY

MAX: -6°
MIN: -12°

WEDNESDAY

MAX: -8°
MIN: -14°



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